

summer 2010



Registration
May 1 - May 28

Catalog Codes & Help Guide	AG2
Movies in the Park	AG8
Programs:	
Art & Music	AG8
Dance & Gymnastics	AG7
General Interest	AG8
Sports, Health & Fitness	AG4
Training & Certifications	AG9
Sports Calendar	AG5
Summer Camps	AG3
Water Safety	AG9

Age-appropriate icons help you find the programs and classes that are age relevant and may be suitable for you and your family:



May be suitable for children ages 1-5.



May be suitable for children ages 6-12.



May be suitable for teens ages 13-17.

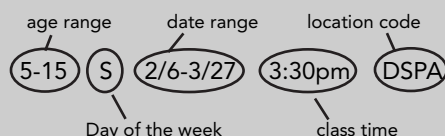


May be suitable for older teens and adults ages 18+.

Where's my class? Here's a reference guide to help you better identify where our programs are located:

ATA = ATA Karate Studio
 CC = Coyotes Center
 DK = Duke Golf Course
 DSPA = Desert Sun Performing Arts
 MCC = Maricopa Chamber of Commerce
 MDA = Maricopa Dance Academy
 MES = Maricopa Elementary School
 MM = Maricopa Manor Business Center
 MPL = Maricopa Public Library
 MULT = Multiple locations
 PP = Pacana Park
 PW = Public Works
 PWY = Pathway Preparatory Academy
 SB = Saddleback Elementary School
 SSM = Stage Stop Marketplace
 SRES = Santa Rosa Elementary School
 TBD = To be determined

How to read the catalog correctly is important in selecting the programs that interest you and works with your schedule. Here's what you should expect to find in the program schedule line:



Dance + Step Classes...

Learn moves made famous from the movie Stomp the Yard and America's Best Dance Crew. This class will be filled with energy, and you will learn the latest dances from one of the nation's top choreographers, Koko Hunter.

TUESDAYS • 3-4 PM • MARICOPA HIGH SCHOOL

In addition, you will learn how to make your own music by creating beats and rhythms by stomping your feet, clapping your hands, and yelling out chants; pure energy, fun and excitement!

For more information, contact the Community Services Department at 520/316.6962.



In Maricopa by GOLD MEDAL SWIM SCHOOL June 1-July 22, 2010
 Sponsored by The Rotary of Maricopa and The City of Maricopa

SWIM LESSONS

Tue, Wed, & Thurs (9 a.m. - 12 p.m.) Wed (5 - 8 p.m.)

Baby and Me too!

Eight x 30 minute lessons \$78.00

All skill levels and ages are welcome.

SWIMMING TEAM

Advanced: Mon & Fri (7:30 - 8:45 a.m.) Tue & Thurs (6:45 - 8 a.m.)

Beginners: Mon & Fri (8:45 - 9:30 a.m.) Tue & Thurs (8 - 8:45 a.m.)

Eight weeks of team practice and one swim meet per week \$120.00

****Swimmers must be able to swim 25 yards unassisted for safety reasons****

Call 480- 961-SWIM (7946) to enroll. Space is limited!

www.goldmedalswimschool.com/maricopaprograms

SUMMER CAMPS ARE BACK...

DSPA Performing Arts Camp:



Children will learn dance, music, acting and crafts. Each week has a different theme and focus. Fee: 1 day - \$25; 2 days - \$45; 3 days - \$65; 4 days - \$80; 5 weeks - \$300.

3-5	T-F	6/29-7/30	10-12:30pm	DSPA
6-8	T-F	6/29-7/30	1-3:30pm	DSPA

Extreme Summer Dance Intensive:



We are offering an inspirational, motivating and encouraging summer dance intensive with four fabulous guest choreographers from Canada. This will be a powerful week of intense choreography in a noncompetitive atmosphere. Instructors have worked with and trained with choreographers from "So You Think You Can Dance" and other famous dance instructors. Students will be learning tap, jazz, hip hop, boogaloo, and lyrical.

Fee: Full week is \$250.00 per person; bring a friend and get \$20.00 off for you and the friend! Bring five friends and get ½ off for you.

6-18	M-F	8/2-8/6	9:30-5pm	MULT
------	-----	---------	----------	------

Gym & Swim Camp:



This is a wonderful opportunity to work hard on your gymnastics skills including vault, bar, beam, tumbling, rings and more. We will also spend time at the Rotary pool for some fun and games. Drop off will be at DSG and pick up at Rotary pool. Per session fee: \$65

S1	7+	M	6/7-6/28	9-11:30am	MULT
S2	7+	M	7/5-7/26	9-11:30am	MULT

Gymnastics, Cheer & Agility Camp:



This class introduces all gymnastics equipment and fun progression to basic gymnastic skills, great cheer and pom routines taught by highly skilled cheerleaders and fun agility games. Fee: \$25 (1 day); \$40 (1 week); \$65 (1 day/month); \$120 (2 days/month)

4-7	M and/or W	6/2-7/28	9-11:30am	SSM
-----	------------	----------	-----------	-----

Kids Dance, Gymnastics and Fitness Summer Camp:



This awesome summer camp will give

your children an opportunity to try a wonderful variety of physical and inventive activities while having fun with professional instructors. Students will also explore gymnastics, a variety of fitness dance forms, wrestling, turbo kick, zumba, yoga and kick boxing. Come join us for a fabulous kids' summer fitness camp!!! Class will not be held on July 5th. Fee: \$35 (1 day); \$60 (2 days); \$70 (3 days); \$98 (week)

3-5	M-Th	7/5-7/8	8:30-10:30am	MULT
6-8	M-Th	7/12-7/15	8:30-11:30am	MULT
9-11	M-Th	7/19-7/22	8:30-10:30am	MULT
12+	M-Th	7/26-7/29	8:30-10:30am	MULT

Maricopa Children's Theatre:



Maricopa Children's Theatre FUNdamentals Summer Camp will teach the basics of stage acting through FUN movement and sound exercises, role-playing games and basic line memorization. Not only will your little star be provided with an outlet for all that but they will be developing new friendships, building self confidence and having a blast! Best of all...you get to witness it all with the community of Maricopa, at one of our end of camp performances! The cost of the camp will include some costuming, but actors will have to provide their own undergarments, socks/tights, shoes, hair and makeup supplies. Fee: \$100

5-12	M-Th	6/7-7/15	8-10am	DSPA
------	------	----------	--------	------

Maricopa Teen Conservatory Theatre:



Maricopa Teen Conservatory Theatre Summer Program sole purpose is to put teens through the process of creating strong character through performance. Student actors will explore voice, movement & expression, character analysis and theatrical production. At the end of the program, students will perform a play or musical for the community. This will be a unique opportunity for students to perform a community theatre production. The cost of the camp will include some costuming, but actors will have to provide their own undergarments, socks/tights, shoes, hair and makeup supplies. Fee: \$100

12-19	M-Th	6/14-7/22	8-12pm	ATA
-------	------	-----------	--------	-----

Pathway Summer Academic & Sport Camp:



Exercise your child's mind and body. We are offering summer camps that have flexibility in scheduling and ages. We have certified teachers that will be working on age appropriate academics, as well as working on a variety of different sports and fitness programs. Per session fees: \$270 (half day - 8-11:30am or 12-3:30pm); \$529 (full day - 8am-5pm)

S1	5-13	M-F	6/1-6/25	8am-5pm	PWY
S2	5-13	M-F	6/28-7/23	8am-5pm	PWY

Teen Camp:



The teen camps will be training along with certified teachers in class room management and lesson planning. They will receive first aid and CPR, resume writing, cover letters, interviewing and job shadowing skills to prepare them to be employable in the near future. If you have perfect attendance and can get a letter of recommendation from staff, class fee will be refunded. Fee: \$30 per session (half day - 8-11:30am or 12-3:30pm); \$60 per session (full day - 8am-5pm).

14-18	M-F	6/1-7/23	8am-5pm	PWY
-------	-----	----------	---------	-----

Volleyball Camp:



Students will be working on the basics of volleys, bumping, setting and serving. Fun matches on Saturdays. Per session fees: \$25 (1 day); \$40 (1 week); \$65 (1 day/month); \$120 (2 days/month)

S1	3-5	MW	6/2-6/23	9-10:45am	MES
S1	6-8	MW	6/2-6/23	11am-1pm	MES
S1	9-14	MW	6/2-6/23	1-3pm	MES
S2	3-5	MW	6/30-7/21	9-10:45am	MES
S2	6-8	MW	6/30-7/21	11am-1pm	MES
S2	9-14	MW	6/30-7/21	1-3pm	MES

Wrestling / Agility / Karate (W.A.K.):



At camp students will work on basic wrestling skills, fun mini matches and games, along with the basics of karate and taekwondo. Fun agility activities and games will also be incorporated throughout the day. Fee: \$25 (1 day); \$40 (1 week); \$65 (1 day/month); \$120 (2 days/month)

4-7	M and/or W	6/2-7/28	9-11:30am	SSM
-----	------------	----------	-----------	-----

S P O R T S , H E A L T H & F I T N E S S

SPORTS PROGRAMS:

Co-Ed Golf:



We will work on short game, iron game, driving and putting. On the last day, we will discuss playing rules and proper golf etiquette. Range balls are included. Fee: \$80
17+ Th 6/10-7/15 5:30-6:30pm DK

Hockey Tot:



Skaters age 3 to 6 will learn basic hockey skating techniques. Students are required to wear a hockey helmet and hockey gloves are recommended (not included in the fee). Please note: this class will be held at the Coyote Center and you have to provide your own transportation. Fee: \$70
3-6 S 6/12-7/24 10:35-11:05am CC

Ice Skating:



This curriculum is designed for the beginner skater. It promotes physical fitness, balance and coordination while learning proper skating techniques. Although divided into levels, the skater will progress at an individual rate while being challenged and motivated. Skate rental included. Please note: this class will be held at the Coyote Center and you have to provide your own transportation. Fee: \$70
13-17 S 6/12-7/24 11:45am-12:15pm CC
18+ S 6/12-7/24 11:45am-12:15pm CC

Jr. Golf:



The Jr. clinics will consist of seven lessons. We will work on short game, iron game, driving and putting. On the last day, we will discuss playing rules and proper golf etiquette. Range balls are included. No classes on July 5th. Fee: \$60

5-9 T 6/8-7/13 5:30-6:30pm DK
10-16 M 6/7-7/12 5:30-6:30pm DK

Karate for Kids & Adults:



Young children, kids, teens and adults learn Taekwondo with several nationally certified Black Belt instructors. You've seen our demos for years, now come be a part of the only dedicated karate studio facility in the

city. Maricopa Black Belt Academy is now in its fifth consecutive year of offering classes through the City of Maricopa. Students enjoy physical and mental strengthening through a variety of disciplined exercises, weapons training, board breaking, leadership development, and competition preparation. Attend up to two classes a week per below schedule. Fee: \$59

New/White, Orange or Yellow Belts Only

5+ MW 6/7-7/21 4:15-5:55pm ATA
5+ MW 6/7-7/21 5:45-6:25pm ATA
5+ TTh 6/8-7/22 5:00-5:40pm ATA
5+ TTh 6/8-7/22 6:30-7:15pm ATA

Snowplow Sam:



Beginning ice skating lessons - If your child is between the ages of 3 and 6 and has never skated before, this is the perfect class! Snowplow Sam classes are based on the U.S. figure skating basic skills program. Participants will be in a group setting with a qualified instructor and receive free public session and skate rentals the day of class. Please note: this class will be held at the Coyote Center and you have to provide your own transportation. Fee: \$70
3-6 S 6/12-7/24 11:10-11:40am CC

Special Stars:



This class is for those children of special needs or adaptation. This class will allow participants to socialize while learning basic sport skills. During our seven weeks, the students will have an opportunity to play volleyball, basketball, softball/t-ball and gymnastics. They may bring their provider or parent if needed. Fee: \$5
6+ W 6/9-7/21 6:15-7:15pm TBD

Taekwondo - Little Kicks:



This program is designed to teach 3 and 4 year olds the basic skills of Taekwondo through fun and exciting martial arts games. Fee: \$45

3-4 F 6/11-7/23 6:15-6:45pm TBD

Taekwondo:



Learn one of the most popular martial art forms today from a 5th degree black belt

instructor. Taekwondo does not only teach self-defense but is a great exercise that develops mental and physical discipline, coordination, self-confidence and personal growth. Fee: \$65

5+ F 6/11-7/23 6:45-7:45pm TDB

Tiny Tot Sport:



Are you ready for a revolutionary sports experience? Our tiny tot sports program is a fun-filled seven-week program. This class is designed to teach your little one the basic concepts of soccer, t-ball and basketball. no special equipment is needed other than a smile! A parent or guardian has to be present during the class. All participants receive a t-shirt. No class on July 5th. Fee: \$20

2-3 M 6/7-7/26 8-8:45am PP
3-4 T 6/8-7/20 8-8:45am PP
2-3 Th 6/10-7/22 8-8:45am PP
4-5 F 6/11-7/23 8-8:45am PP

Wrestling:



This class consist of the basic positions of wrestling and grappling techniques. Wrestling/grappling consist of physical engagement between two people in which each wrestler strives to get an advantage over or control of the opponent. Physical techniques used include clinching, holding, locking, throws and application of leverage and takedowns. No classes on July 5th. Fee: \$70

5-14 M 6/7-7/26 6:15-7:15pm SSM
15+ M 6/7-7/26a 7:15-8:15pm SSM

HEALTH & FITNESS:

Boot Camp:



Join us for this full-body workout that incorporates strength, endurance and flexibility. Bring a yoga mat or towel and a set of small weights (5 - 10 lbs). Fee: \$60
S1 18+ M-Th 6/21-7/15 5:15-6:15am PP
S2 18+ M-Th 7/26-8/19 5:15-6:15am PP

Cardio Kickboxing:



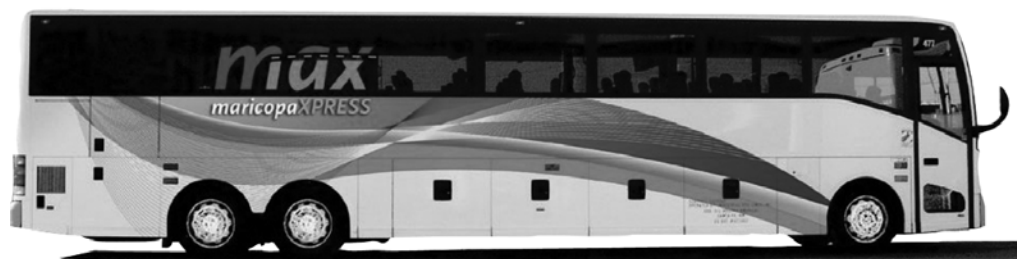
If you are looking for a high-intensity workout that will increase your strength and flexibility while burning fat, try 45 minutes of cardio-kickboxing. With over four years of

max

maricopaXPRESS

low fares • fast • direct • wifi

Express commuter bus service to Phoenix and Tempe. Visit maricopaXPRESS.com for routes, schedules, and fares.



martial arts and cardio-kickboxing training the instructor uses a combination of kicks, punches, jabs and self defense moves that will keep your body moving. The class starts with a five minute stretch and then moves into full body workout and finishes off with a five minute cool down. Bring your water, tennis shoes and a towel and prepare your body for the burn fat zone! Fee:

S1-\$21 16+ W 6/9-6/30 5:30-6:30pm TBD
S2-\$30 16+ W 7/7-7/21 5:30-6:30pm TBD

Couples Yoga:



This class is designed for couples to experience yoga together. An intimate way to strengthen your relationship as well as your body. Wear comfortable clothing, bring one yoga mat per person and water. Fee: \$40

18+ W 6/9-6/23 8-8:55pm SB
18+ W 7/7-7/21 8-8:55pm SB

Evening Balance Yoga:



This class is for all levels. Focus is on form,

technique and breath; the class will also focus on building balance, flexibility and strength through simple postures as well as fluid movement exercises. Fee: \$55

16+ W 6/9-7/21 6:30-7:30pm SRES

Family Yoga:



This class is designed for the family (up to five members) to experience yoga together. A fun way to spend time together and grow the family closer. You will learn poses and positions you can practice as a family. Wear comfortable clothing, bring one yoga mat per person and water. Fee: \$55

5+ W 6/9-6/23 7-8pm SRES
5+ W 7/7-7/21 7-8pm SRES

Fit4Baby:



Fit4Baby is an exclusive prenatal fitness program that offers a total body interval workout including strength training, cardio and flexibility. During class, exercises will be adjusted to accommodate clients' various stages of pregnancy, and further education.

REGISTER ONLINE:
MARICOPA-AZ.GOV

Sports Calendar

Robert Tate Foundation Youth Football Camp at Pacana Park

Saturday, May 22, 2010

Ages: 8-17

Register by May 22

Cost \$60

Summer Youth Basketball

Ages: 4-5, 6-8, 9-11, 12-15

Register by May 7

Season: June 12 thru July 31

Cost: \$45

Summer Youth Baseball

Ages: 4-6 Tball, 6-8 Coach Pitch

Register by May 7

Season: June 12 thru July 31

Cost: \$45

Youth Flag Football

Ages: 4-5, 6-8, 9-11, 12-15

Registration: June 7 thru July 24

Season: August 14 thru October 2

Cost: \$45

Adult Flag Football

Ages: 18+

Registration: July 19 thru August 6

Season: August 15 thru October 3

Cost: \$45



Fee: \$35

Pregnant Th 6/10-7/22 6:30-7:30pm TBD

Healthy-Steps:



Moving you to better health with the lebed Method, is a therapeutic exercise and movement program with wonderful music designed to help you thrive! Offering

wellness programs for everyone, from young, adults and seniors, regardless of health, age or ability. Fee: \$30

5-10	WF	6/9-6/30	10-11am	TBD
11-14	WF	6/9-6/30	12-1pm	TBD
15-17	WF	6/9-6/30	5-6pm	TBD
18+	WF	6/9-6/30	7-8pm	MES

Kids Pilates:



Designed to get kids fit and become stronger mentally and physically. Kids will have an opportunity to learn how to value their bodies more with reduced frustration, anxiety, stress and tension within the body. This class can also help reduce weight outside the body. Bring Pilates mat, water and wear comfortable clothing. Fee: \$18

5-13	W	6/9-6/23	6-6:30pm	TBD
5-13	W	7/7-7/21	6-6:30pm	TBD

Kids Yoga:



Designed to get kids active, more flexible and get them to value their body. This class will teach children ways to deal with anger, frustration and stress. Wear comfortable clothing, bring a mat and water. Fee: \$18

S1	5-13	W	6/9-6/23	6:30-7pm	SB
S2	5-13	W	7/7-7/21	6:30-7pm	SB

Learn Eating Awareness Nutrition

(L.E.A.N.):



This is a lifestyle weight management program designed to help you achieve a balanced body and mind. It is based on a very positive, empowering approach to health. Using behavior and cognitive modification, stress reduction and social support, clients discover how to take the power out of food and get off the diet cycle for life. L.E.A.N. will also teach you how to be a positive role model for your children. Book is included. Fee: \$120

18+	T	6/8-7/20	7-8:30pm	SRES
-----	---	----------	----------	------

Morning Zumba:



Zumba is a Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements. This class format combines fast and slow rhythms that tone and sculpt the body in a high impact aerobic/fitness fashion to achieve a unique blended balance of cardio and muscle-toning benefits. Be prepared for an hour of non-

stop dancing in a party-like environment. All levels welcome. No class on July 5th. Fee: \$70

16+	WF	6/9-7/23	5:15-6am	DSPA
-----	----	----------	----------	------

Pilates (Beginner):



This class is for the person who has never taken pilates or who is new to pilates (6 months or less). Benefits can include reduction in inches, lean muscle and increase of strength. Bring pilates mat, water and wear comfortable clothing. Fee: \$24

S1	16+	T or Th	6/8-6/24	7-7:45pm	SB
S2	16+	T or Th	7/6-7/22	7-7:45pm	SB

Pilates (Advanced):



This class is designed for the person who has taken pilates with or without weights (more than 6 months consistently). Benefits can include increased endurance, core muscles, leaner arms and legs and will bring more challenges. Bring pilates mat, arm and leg weights, water and wear comfortable clothing. Fee: \$24

S1	16+	T or Th	6/8-6/24	7-7:45am	SB
S2	16+	T or Th	7/6-7/22	7-7:45am	SB

PiYo Fusion:



A workout which consists of 30 minutes of aggressive pilates followed by 30 minutes of intense yoga. Strengthen and stretch! Bring a mat, water, wear comfortable clothing, weights are optional. Fee: \$28

S1	16+	M	6/7-6/21	7-8pm	SB
S2	16+	M	7/12-7/26	7-8pm	SB

PM Yoga (Beginner):



This class is for the person who has never taken yoga or who is new to yoga (1 year or less). This is a gentle way to start yoga. Benefits can include stress reduction, flexibility and relaxation. Bring a yoga mat, water and wear comfortable clothing. Fee: \$24

S1	16+	T or Th	6/8-6/24	8-8:55pm	SB
S2	16+	T or Th	7/6-7/22	8-8:55pm	SB

Stretch & Grow Kinder Fitness:



Kinder fitness is a physical education class. It incorporates many of the fabulous fun games from preschool adventure while introducing

them to school age fun. Fee: \$40

5	Th	6/10-7/1	6:15-6:45pm	TBD
---	----	----------	-------------	-----

Stretch & Grow Little Stars:



This is a creative movement and fitness class that provides lessons on how to live healthy lifestyles, exercise, play games, enhance language and more. Children play with balls, exercise to stories and songs, participate in parachute activities, and games that help enhance gross motor skills. Fee: \$40

S1	3	S	6/12-7/10	9:40-10:10am	SSM
S2	3	M	6/7-6/28	6:15-6:45pm	TBD

Stretch & Grow Preschool Adventure:



This is a physical education class that teaches children the importance of exercise, playing games and having fun. Children learn how to properly exercise by doing a warm up that is based on a literature story, phonetic awareness, aerobics, basic exercises, games, activities, stretches and cool down. Fee: \$40

S1	4	T	6/8-6/29	6:15-6:45pm	TBD
S2	4	T	6/12-7/10	10:15-10:45am	SSM

Stretch & Grow Waky Beach Party:



Classes will incorporate Water and Pool Safety while exercising to favorite summer beach songs. Fee: \$40

5-8	T	6/8-6/29	6:50-7:20pm	TBD
-----	---	----------	-------------	-----

Stroller Stride:



Stroller Strides is a total fitness program that would meet any mother's fitness needs. If you are expecting, have a child in tow with you, or your children are school aged and you have a desire to get in shape this program is for you. Stroller Strides provides you with a full body workout which allows you to improve your endurance, strength and flexibility. All children that are attending Stroller Strides need to be in a stroller throughout class. Umbrella strollers are not recommended. Summer class will be held indoors. Fee:

S1	\$40	Mothers	TTh	6/8-7/22	9-10am	PP
S2	\$95	Mothers	M-F	6/7-7/23	9-10am	PP

Wobblers:



Children will experience fun with equipment, songs, stories and chants that will help

develop their social skills, language, and gross motor skills while moving and exercising. Fee: \$40
18mo-2 S 6/12-7/10 9-9:30am SSM

Women On Weights (W.O.W.):



This is a weight training class for women in a group setting. The class will focus on safe and proper use of free weights. You will have the opportunity to take measurements at the beginning of session as well as at the end of session to be able to measure your achievements. Please bring 3-5 lb weights and a mat. No class on July 5th. Fee: \$50
18+ MTh 6/7-7/22 6:45-7:45pm TBD

Yin Yan (All Levels):



Class will start with Yan poses which consist of active poses that are linked in a flow sequence. Second part of class consist of Yin poses that are stretches held for longer periods of time. These poses are very good for creating healthy joints and connective tissue. Fee: \$55
16+ T 6/8-7/20 6:15-7:15pm TBD

Yoga for Seniors:



This class is designed for ages 55 and older. Live longer and become stronger, gain flexibility and increase range of motion. Bring a yoga mat, water and wear comfortable clothing. Fee: \$24
55+ T or Th 6/8-6/24 6-6:55pm TBD
55+ T or Th 7/6-7/22 6-6:55pm TBD

Zumba:



Zumba is a Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements. This class format combines fast and slow rhythms that tone and sculpt the body in a high impact aerobic/fitness fashion to achieve a unique blended balance of cardio and muscle-toning benefits. Be prepared for an hour of non-stop dancing in a party-like environment. All levels welcome. Fee: \$70
16+ TTh 6/8-7/22 7-8pm SRES

Zumba for Kids:



Zumba for Kids is a Latin inspired dance-fitness class that incorporates Latin and

international music and dance movements with the popular trends of hip hop and pop. This class will teach your child the benefit of exercise and movement. Best of all, the dance atmosphere will show them that exercise is fun! Fee: \$35
7-12 S 6/12-7/24 10:15-11am SSM

DANCE & GYMNASTICS

Cheerleading:



Learn cheers, arm positions and jumps used in current cheer programs. Fee:
S1-\$48 7-18 T 6/8-6/29 5:45-6:30pm SSM
S2-\$36 7-18 T 7/6-7/20 5:45-6:30pm SSM

Fairy Tale Ballet:



This class will introduce the basic steps to ballet. Students will begin at the barre and then continue class in the center and do movements across the floor to Disney Princess music and Fairy Tale classical music. Students will have the opportunity to make up their own dance moves and be creative at the end of class. Students are recommended to wear any color leotard with or without a skirt, pink tights, and pink ballet shoes. Attire is not included in the registration fee but is optional. Fee: \$50
5-7 S 6/12-7/24 11am-12pm MDA

Gymnastics:



Non-experienced gymnasts will learn the basics of gymnastics, including use of equipment from certified instructors in our fully equipped gym. Fee:
S1-\$48 7-18 T 6/8-6/29 5-5:45pm SSM
S1-\$48 7-18 Th 6/10-7/1 5-5:45pm SSM
S2-\$36 7-18 T 7/6-7/20 5-5:45pm SSM
S2-\$36 7-18 Th 7/8-7/22 5-5:45pm SSM

Mini Princess Hip Hop/Tricks



In this class students will learn basic hip hop steps, hip hop combinations and some hip hop tricks. They will be dancing to popular, clean upbeat music. Students need to wear comfortable clothing and sneakers. Fee: \$50
7-9 S 6/12-7/24 12-1pm MDA

Parent & Star:



Bond with your child through gymnastics! USA certified instructors will explore the vault, bars, beams, floor, rings, trampoline and much more with parents and children. Note: Your child must be able to walk on their own to participate in this class. Fee:
S1-\$40 1-3 T 6/8-6/29 9-9:30am SSM
S1-\$40 1-3 Th 6/10-7/1 9-9:30am SSM
S2-\$30 1-3 T 7/6-7/20 9-9:30am SSM
S2-\$30 1-3 Th 7/8-7/22 9-9:30am SSM
S2-\$30 1-3 Th 7/8-7/22 5:15-5:45pm SSM

Shooting Stars:



Boys and girls will develop strength, flexibility and coordination alongside certified instructors with the vault, bars, beam, floor, rings and trampoline. Fee:
S1-\$48 5-6 T 6/8-6/29 4:15-5pm SSM
S1-\$48 5-6 Th 6/10-7/1 4:15-5pm SSM
S2-\$36 5-6 T 7/6-7/20 4:15-5pm SSM
S2-\$36 5-6 Th 7/8-7/22 4:15-5pm SSM

Tiny Tot Combo:



Students learn how to work in a group setting without mom or dad and do half hour of tap and a half hour of ballet. Fee: \$50
3-5 S 6/12-7/24 10-11am MDA

Tumble Stars:



When introducing gymnastics to children, our main goal is for them to have fun as they learn the core physical concepts of flexibility, balance and agility.
S1-\$48 3-4 T 6/8-6/29 10-10:45am SSM
S1-\$48 3-4 Th 6/10-7/1 10-10:45am SSM
S2-\$36 3-4 T 7/6-7/20 10-10:45am SSM
S2-\$36 3-4 Th 7/8-7/22 10-10:45am SSM

Tumble Tots:



This class is for adventurous children that are able to be separated easily from their parents to explore gymnastics in a fun and safe environment with a safety-certified instructor in toddler-kinder gymnastics.
S1-\$40 2 T 6/8-6/29 9:30-10am SSM
S1-\$40 2 Th 6/10-7/1 9:30-10am SSM
S2-\$30 2 T 7/6-7/20 9:30-10am SSM
S2-\$30 2 Th 7/8-7/22 9:30-10am SSM

Tumbling:



This class will work on all the requirements to obtain a back-handspring, round off and front-handspring safely. Fee:

\$48 10+ T 6/8-6/29 5:45-6:30pm SSM
\$36 10+ T 7/6-7/20 5:45-6:30pm SSM

ART & MUSIC

Fabulous Faux for Boring Walls:



A professional faux painter shares her years of experience and secret tricks of the trade allowing you to create your own mouth-dropping walls. Her dual-roller method quickly creates a variety of looks- suede, marble, granite, southwest rustic or old world Tuscan. Learn the secret for creating perfect edges, how to rescue a wall from disaster, how to make your own glaze and more. Fee: \$49

18+ T 7/13 6-8:30pm TBD

Instant Guitar for Hopelessly Busy People:



Have you ever wanted to learn how to play

the guitar but simply find it difficult to make the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Fee: \$49

11+ T 7/13 4-6:30pm TBD

Instant Piano for Hopelessly Busy People:



You don't need years of weekly lessons to learn how to play piano. In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. You will learn all the chords you'll need to play any song. If you can find middle C and know the meaning of Every Good Boy Does Fine, you know enough to enroll in this workshop. Fee: \$49

18+ T 7/13 6:40-9:40pm TBD

Jamming 101:



Whether you can just "Play the Radio" or you are an accomplished musician, you are sure to enjoy participating in JAMMING 101! This one time seminar is designed to get you playing along right away with other musicians on your favorite tunes. This workshop is open to all instruments, all styles and all ability levels. Grab your instrument or just grab a friend and join us for MUSICAL FUN FOR EVERYONE! Fee: \$49

13+ M 8/16 6:30-9pm TBD

Wood Painting and Crafting:



Bring out your creativity as you learn various decorative painting techniques and apply them to your project. You will also have the opportunity to add your personal touch through your own crafting ideas. We will have three projects to paint and decorate during our six week course. All projects and supplies provided. Fee: \$55

6-8 W 6/9-7/19 6:30-7:30pm SRES
9-12 M 6/7-7/14 6:30-7:30pm SRES

GENERAL INTEREST

Basic Photography:



Make the most of your photographic moments. Through engaging discussions and

activities, you will learn how to use each function on your camera to it's fullest capability. You will also learn the best time of day to shoot outdoors and the basics of group and couple arrangements. Don't forget to bring your camera! Fee: \$25

18+ Th 6/17 6-8pm MPL

Climbing Your Family Tree - The Modern Way:



The class deals with genealogy research, particularly involving modern methods of using the internet and other communication methods for compiling a family history. Participants will learn how to properly research and record their family history and learn how to use and apply the vast resources of the internet to maximize their research. In addition they will learn how to use the computer to produce and publish a history so that they can share it with their family, now and for generations to come.

For those individuals who are not as familiar with the computer, they will learn the sources available for research and how to generate hard copy records. Fee: \$30

S1 18+ S 6/12 9-12pm MCC
S2 18+ S 6/19 9-12pm MCC

Crime Scene Investigation:



Join our forensic team as we investigate the Cookie Jar Mystery. Our first session will consist of fiber analysis, hair sampling, ink chromatography and much more. Fee: \$35

10-13 Th 6/10-7/22 6-7pm SRES

Facebook and Twitter for Busy People:



A year ago, most people had never heard the names Facebook, MySpace, Linked In, Twitter or the term blogging. If you want to learn the basics of social networking, this class is for you. You will be online with your children, old friends and new friends before you know it. You will learn the basics of Facebook and Twitter, including how to register, log on, and the most popular aspects of each. No longer will you be left out of online conversations because you don't know the difference between "Tweeting" and "Writing on the wall." You will also learn things to watch out for like potential identity theft. Workbook and Practice DVD is included. Fee: \$49

18+ M 6/28 6-8:30pm MCC

Series kicks off first weekend in May on the west field at Pacana Park, 19000 N. Porter Road.

Come out and enjoy a fun time with the entire family beginning with concessions at 7:00 p.m. and the movie at dusk.

PLAYING THIS SUMMER:

May:

1st - Up!
15th - Monsters vs. Aliens

June:

12th - The Blindside
26th - The Little Giants

For more information contact the Community Services Department at 520/316.6962.



Kids Empowered to Know / Grow:

Building character and self-esteem through positive motivation. Children will use positive words and skits to assist and motivate them in making right choices and build self-esteem. Fee: \$30

10-12	T	6/8-6/29	10-11am	TBD
13-14	T	6/8-6/29	11am-12pm	TBD

Kids Photography:

Has your child tried to take your camera away from you because they want to take their own picture? If yes, then sign them up for this class. We will focus on the basic skills of photography in a fun hands-on environment. Class fee includes camera and prints. Fee: \$45

8-12	T	6/8-6/22	6:30-7:30pm	SRES
------	---	----------	-------------	------

Kinder-Quette:

Table manners, remembering to say please and thank you, kindness and sharing are all addressed in this class. Participants will also learn the proper way to interrupt and meet adults. Students will use hands-on activities and role playing to make life skills and manners lots of fun. Fee: \$15

4-6	S	6/12	11am-12pm	MCC
-----	---	------	-----------	-----

Manners Matter - Real World Skills:

Table etiquette, proper grammar, kindness and consideration for others, speaking up, meeting/greeting and shyness are all addressed in this class. Students will use hands-on activities and role playing to imbue the importance of these life skills. Lots of fun will be had while moms and dads will be surprised at how lovely the dinner hour can be and how newly well mannered your youngsters are! Fee: \$41

7-14	S	6/12	12:30-2pm	MCC
------	---	------	-----------	-----

Youth Empowered to Change:

Empowerment through positive motivation. Effective words for life changes, right action, right choices and success. Fee: \$30

18+	T	6/8-6/29	7-8pm	TBD
-----	---	----------	-------	-----

Youth Empowered to Succeed:

Building character and self-esteem through

positive motivation. Effective strategies for making right choices, action and success.

Fee: \$30

15-17	T	6/8-6/29	5-6pm	TBD
-------	---	----------	-------	-----

Kids Theme Camp:

Kids camps are designed for kids ages 2 to 5. Camps are not a pre-school but rather a place for kids to play, socialize, and learn about hobbies such as art, music, travel, cooking, science, construction, animals, puppets, and more! Themes change and are offered weekly starting on 4/12, 4/19, 4/26 and 5/3. Fee:

\$40	2-4	M-F	9-11am	MM
\$32	2-4	MWF	9-11am	MM
\$25	2-4	TTh	9-11am	MM
\$35	2-4	W	9-11am	MM

T R A I N I N G & C E R T I F I C A T I O N S

AHA BLS Healthcare Provider Course:

This course teaches CPR skills, including ventilation with barrier device, a bag-mask device, and oxygen. Use of an automated external defibrillator (AED) and relief of a foreign body airway obstruction (FBAO). The class is intended for participants who provide health care to patients. Fee: \$60

18-50	Th	6/10	1-5pm	MCC
-------	----	------	-------	-----

Child And Babysitting Safety:

In this class, you will learn the appropriate and safe way to secure babysitting jobs, how to deal with problems, ideas to help kids feel comfortable around you, as well as basic first aid and CPR. Please bring a sack lunch. There will be babysitting/first aid supplies available for sale during the class. Fee: \$50

11-18	S	7/17	9am-2pm	TBD
-------	---	------	---------	-----

Heartsaver First Aid with CPR/AED:

Students learn how to manage illness and injuries in the first few minutes until professional help arrives. Class includes general principles, medical/injury emergencies, adult/child/infant CPR/AED training. Each student who passes the class will receive an American Heart Association card, valid for two years. Fee: \$45

15+	S	6/26	9am-4pm	MCC
-----	---	------	---------	-----

Do you know the ABC's of water safety?

As the summer months approach and the swimming season is picking up, the City of Maricopa and the Maricopa Fire Department would like to provide you with some information about water safety and drowning prevention.

Although August is designated Drowning Impact Awareness Month and is traditionally one of the highest months for child drowning incidents, a drowning can occur any time of the year. Arizona is second in the nation for child drownings, and every loss is preventable.

Water safety can be broken into three important areas:

A = Adult Supervision

B = Barriers

C = Classes

Adult supervision is defined as, uninterrupted eye-to-eye contact with anyone in contact or near a water hazard. Water hazards include pools, spas, ponds, lakes, bathtubs, toilets and buckets. Children can drown in a little as two inches of water. Uninterrupted adult supervision can be prevented and should be avoided at all times.

The term "barriers" refers to any and all deterrents that can prevent, restrict or prohibit anyone from accessing a water source without permission or supervision. Try to establish a variety of obstacles to the water source, referred to as "layers of protection." Door locks,

continue on page 5

Heartsaver with CPR & AED:

Class includes adult/child/infant CPR/AED training. Each student who passes the class will receive an American Heart Association card, valid for two years. Fee: \$45

15+	W	6/16	5-9pm	SRES
-----	---	------	-------	------